

HOLIDAY SCHEDULE



Sunday December 22 8:00am - 4:00pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00 - 4:00	Open Gym 8:00 - 4:00	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
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12:00 PM					
12:30 PM					
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1:30 PM					
2:00 PM					
2:20 PM					
3:00 PM					
3:30 PM					
4:00 PM					

Thursday December 26 8:00am - 4:00pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00 - 4:00	Open Gym 8:00 - 4:00	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
8:30 AM					
9:00 AM					
9:30 AM					
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3:00 PM					
3:30 PM					
4:00 PM					

Lane Swim

Drop In Gym / Swim

Drop In Group Fitness

Registered Programs

Drop in Recreational Sports

Monday December 23 6:00am - 9:30pm						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
6:00 AM	Open Gym 6:00 - 11:15	Open Gym 6:00 - 9:30	Squash, Racquetball, Handball, Table Tennis Courts Available			
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM	Pickleball 11:30 - 1:00					
12:00 PM				Queenex 12:15pm - 1:00pm		
12:30 PM						
1:00 PM						
1:30 PM	Open Gym 1:15 - 9:30					
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
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5:00 PM						
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7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						

Friday, December 27 6am - 9:30pm								
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO			
6:00 AM	Open Gym 6:00 - 11:15	Open Gym 6:00 - 9:30	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk					
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM	Pickleball 11:30 - 1:00					Queenex 12:15pm - 1:00pm		
12:00 PM								
12:30 PM								
1:00 PM							Yoga 1:15pm - 2:15pm	
1:30 PM	Open Gym 1:15 - 9:30							
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								VIPR Pro 6:00pm - 6:45pm
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM								

Tuesday December 24 6:00am - 2:00pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 6:00 - 2:00	Open Gym 6:00 - 2:00	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					

Saturday December 28 8am - 5:30pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00 - 5:30	Open Gym 11:15 - 1:45	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
8:30 AM					
9:00 AM					Barre 9:45am - 10:30am
9:30 AM					
10:00 AM					Zumba 10:45am - 11:30am
10:30 AM					
11:00 AM					
11:30 AM					Strength & Conditioning 11:45am - 12:45pm
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					

Sunday December 29 8:00am - 4:00pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00 - 4:00	Open Gym 8:00 - 4:00	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:20 PM					
3:00 PM					
3:30 PM					
4:00 PM					

HOLIDAY SCHEDULE



Monday December 30 6:00am - 9:30pm							
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO		
6:00 AM	Open Gym 6:00 - 11:15						
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM	Pickleball 11:30 - 1:00	Open Gym 6:00 - 9:30	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk				
12:00 PM				Queenex 12:15pm - 1:00pm			
12:30 PM							
1:00 PM							
1:30 PM	Open Gym 1:15 - 9:30						
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM					Pilates 5:30 - 6:15pm		
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							

Thursday January 2 6:00am - 9:30pm								
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO			
6:00 AM	Open Gym 6:00am - 9:30pm	Open Gym 6:00am - 9:30pm	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk					
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM					Gentle Fit 10:00am - 10:45am			
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM					Queenex 12:15pm - 1:00pm			
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM					Pilates 5:30pm - 6:15pm			
6:00 PM								
6:30 PM					Strength & Conditioning 6:30pm - 7:15pm			
7:00 PM								
7:30 PM								
8:00 PM					Yoga 7:30pm - 8:30pm			
8:30 PM								
9:00 PM								
9:30 PM								

Tuesday December 31 6:00am - 2:00pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 6:00 - 2:00	Open Gym 6:00 - 2:00	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
6:30 AM					
7:00 AM					
7:30 AM					
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12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					

Friday January 3 6am - 9:30pm							
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO		
6:00 AM	Open Gym 6:00 - 11:15	Open Gym 6:00 - 9:30	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk				
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM	Pickleball 11:30 - 1:00						
12:00 PM				Queenex 12:15pm - 1:00pm			
12:30 PM							
1:00 PM							
1:30 PM	Open Gym 1:15 - 9:30						Yoga 1:15pm - 2:15pm
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							VIPR Pro 6:00pm - 6:45pm
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							

Lane Swim

Drop in Gym / Swim

Drop in Recreational Sports

Drop In Group Fitness

Registered Programs

Wednesday January 1 12:00pm - 4:00pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
12:00 PM	Open Gym 12:00 - 4:00	Open Gym 12:00 - 4:00	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:20 PM					
3:00 PM					
3:30 PM					
4:00 PM					

Saturday January 4 8am - 5:30pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00 - 5:30	Open Gym 11:15 - 1:45	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
8:30 AM					
9:00 AM					
9:30 AM					Barre 9:45am - 10:30am
10:00 AM					
10:30 AM					
11:00 AM					Zumba 10:45am - 11:30am
11:30 AM					
12:00 PM					Strength & Conditioning 11:45am - 12:45pm
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					

Sunday January 5 8:00am - 4:00pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00 - 4:00	Open Gym 8:00 - 4:00	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
8:30 AM					
9:00 AM					
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